



March 7 thru March 21, 2013

Please help support the temple and its many programs.

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Hartford Street Zen Center is a 501(c)(3) nonprofit organization.

Donations are tax-deductible.

Schedule:

Monday - Friday

6:00 am Zazen (seated meditation)
6:40 am Kinhin (walking meditation)
6:50 am Zazen
7:20 am Chanting
7:40 am Soji (brief temple cleaning)

6:00 pm Zazen
6:40 pm Chanting

Saturday

6:30 am Zazen
7:10 am Chanting
7:25 am Soji
8:30 am Drop-in instruction
9:25 am Zazen



My late Master Tendo, the eternal Buddha, says one night during informal preaching in the abbot's quarters:

*There are calves on Tendo mountain tonight,
And golden-faced Guatama is manifesting real form.
If we wanted to buy it, how could we afford the impossible price?
The cry of the cuckoo above a solitary cloud.*

-- Dogen, Shobogenzo, Shoho-Jisso

Tr. G. Nishijima & C. Cross

Upcoming Events:

Mahapajapati Ceremony After Morning Zazen and Service - March 9 @ 7:20am

Sewing Abbot's Robe (for the Mountain Seat Ceremony) - March 9, March 23 @ noon

Dharma Talks - [Rev. Myo Lahey](#) Saturdays: March 16, March 30, April 6 @ 10:15am

Guest Speakers - Mar 9 - [Steven Tierney](#), Mar 23 - [Cynthia Kear](#), April 13 - [Ayya Santacitta](#) & [Sister Jayati](#):

10:15 am Dharma Talk
11:00 am Refreshments/Social

Hartford Street Zen Center is a Castro neighborhood temple and residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi established to support the Queer Community.



HIV Meditation Sitting Group

weekly meditation group for those living

Saturdays @10:15am

Full Moon Ceremony - Saturday March 30 @11am

Sangha Council - Spend time with the Sangha discussing any Sangha topics - Saturday March 30 @12:30pm

Founder's Memorial - Issan's Memorial is generally on the 6th of the month, and the memorial for Philip Whalen is generally on the 26th @ 6:40pm

Study Hour Book of Serenity, we have books to share so feel free to drop in - Thursdays @7:30pm

Next Board of Director's Meeting - Wed, March 13 @7:30pm (all are welcome to attend and observe)



P. Goetz 'Young monks, Yalbang Monastery, Humla district, Nepal, September 2012.'

A very heartfelt and sincere bow to the women of our planet! We would like to take this opportunity to express our deepest level of love and appreciation towards the women of the gender expression spectrum of our society and of the world in recognition of March 8th - International Women's day.

with HIV, their friends, families,
community supporters & anyone who wants
to join us!

Thursdays and Fridays

10:30 am zazen

11:00 am socializing

Meditation in

Recovery (Women-only)

monthly meditation group for women in
recovery from addiction First Thursdays

7:15 pm - 8:45 pm

Meditation in Recovery

(Men & Women)

weekly meditation group for men and
women in recovery from addiction

Fridays, 7:30 pm - 9 pm

From the HSZC Garden

***Bamboo Island is still accepting donations!** To get matched donations for professional help pay the donor back for the recently trimmed back towering bamboo which helps keep it from damaging our or our neighbors' property... Please give Jen all donations; suggested \$5 -\$20 or any other amount graciously accepted!

*We would like to express our gratitude to our neighbor Ryan Borchardt for repairing our shared back fence and the two energetic and strong individuals who pushed the Bamboo project forward as well as the donor who fronted us the money to get it dug out expediently.

*In Blooming News: Rosemary has a few tiny purple flowers saying she feels ambivalent about this spring, pink camellias by Issan's memorial stone, Lemon Tree known as the "Castro Tart" has lemons ripening on his branches, the plum tree is packed full of white blossoms uttering whispers that spring is here and the Sister Roses are packing up and moving to large pots away from the cold, darker ground area, they want a change of scenery and warmer & sunnier surroundings.

Congratulations to Shindō previously known only as Nicholas on his Jukai ceremony and formally receiving the 16 precepts on Feb 23rd 2013! Visit our [website](#) and flickr group for photos of this joyous event.

Words From HSZC Residential Practitioners -

We need a good quality Zen roommate. Student or Zen Priest who gets along well with the Resident and Non-Resident Sangha of HSZC and who is ready to dive into this practice full force. Each person we add to the small temple mix shifts the tone of HSZC so were looking for a great Gal or Guy! [Visit here](#) to see more detail and spread the word to folks we know especially those in the Zen Community please!

HSZC History - From HSZC Dharma talk, later published in the HSZC Newsletter - July 5, 1983 - [Ekai Korematsu](#)

...we say that zazen is not something to talk about but rather it is something to practice. If we could just practice without talking about it it must be wonderful Zen practice. Without words our actions will show what it is. Walking, lying down, sitting and standing are fundamentally what we do throughout our lives. So Zen practice is also nothing but walking, lying down, sitting and standing. In the sitting practice no talking is strictly maintained in the zendo, so it is easier to deepen sitting practice and other forms of Zen practice. I would say the recovery of silence in our minds is very important in and of itself as well as giving strength to our zazen. Gives strength in zazen. I do not think zazen is relaxation or simply clearing the mind, rather zazen is the expression of our total being and full awakening. We do not know exactly what it is because our conventional mind is; too small to fully grasp it. Trying to catch something in zazen is not the way Buddhas and Ancestors sit and transmit the teachings. And trying to maintain some state of mind is not the way either. When you have doubts about the way you sit, it is a good opportunity to give yourself zazen instruction and to recover your original mind in your sitting (and hopefully in other activities as well). If you have no doubts about your practice and are satisfied with your sitting then please continue to deepen your sitting practice and to broaden your zazen into your ordinary activities. There is no end to this practice nor goal to this way of life as long as we live together with everybody...

Words from our Practice Leader -

Be patient. Watch your breathing. Notice that you think things really exist apart from you. Notice that, and let that go, too. Just let yourself breathe and be there.

...This is zazen. This is how it's done, or perhaps how it does you.



Very, very simple. Very daunting. ...So don't worry. Do your best.
Talk to one another. Look after what needs to be looked after, and
when the time comes, as Mrs. Anne Aitken said (the late Robert Aitken's late
wife), "It's like waiting for the bus: The bus comes along, the doors
open, you get on, and you go." Thank you all very much.

(Dharma talk & fall 2003 HSZC newsletter, Rev Myo Lahey)

DIRECTIONS: Located between 17th and 18th Street on Hartford Street, between Castro and Noe, one block from the Castro
MUNI Station, the MUNI 33 and 24 bus as well as the MUNI - F line

Practice Leader, HSZC -- Reverend Myo Lahey

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at HSZC.org

check out our community events page for
more events!

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Please submit stories, reflections, personal news, artwork and photography for future newsletters to tetsugen.keido@yahoo.com .

May this newsletter find you well and filled with equanimity! __/__

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